

## **Run and Walk Group Leaders**

Group leaders will co-lead the group of participants as well as coordinating routes for both a group of runners and/or walkers. Skills that were gained while leading the group included: being able to adapt the class structure to the need and interests of the participants; communicate instructions and directions using clear and simple language; to maintain a sound knowledge of health and wellness topics in the area of Kinesiology, inspire confidences and self-belief in participants by acting as a role model and encouraging participants to gain and develop their own knowledge and skills of health and wellness.

All group leaders have done a first aid course within the last two years.

*Expressions of interest in all Campus Recreation volunteer leadership positions should be made to [cheryl.vannes@ufv.ca](mailto:cheryl.vannes@ufv.ca).*

